$\begin{tabular}{ll} \bf APPENDIX \ N - \ Plant \ Species \ in \ the \ Planning \ Area \ Used \ by \ Native \ Americans \ \\ \end{tabular}$

TABLE 1. PLANT SPECIES IN THE PLANNING AREA USED BY NATIVE AMERICANS		
Plant Family / Species / Common Name	Uses (Parts)	
Aceraceae – I	Maple Family	
Acer glabrum Torr. Rocky Mountain maple	Medicine (seed, bark), food (young shoot, cambium)	
Acer negundo L. Box elder	Food (sap), medicine (smoke), fuel (wood)	
Alismataceae – Wa	ter Plantain Family	
Alisma gramineum Gmel. Water plantain	Food (root)	
Amaranthaceae –	Amaranth Family	
Amaranthus spp. Redroot, Amaranths, Pigweeds	Food (leaf, seed)	
Anacardiaceae – Sumac Family		
Rhus trilobata Nutt. Squawbush, Skunkbush	Food (berry), medicine (leaf, root?, flower, bark), manufacture (bark)	
Apiaceae – Pa	arsley Family	
Cymopterus spp. Biscuit-root, Cymopterus	Food (root, stem, leaf)	
Lomatium spp. Desert-parsley, Lomatium	Medicine (root, leaf?), food (root)	
Osmorhiza spp. Sweet-cicely	Food (seed, root), medicine (root, leaf, seed)	
Apocynaceae – I	Dogbane Family	
Apocynum cannabinum L., Indian hemp, Dogbane	Cordage (stem), medicine (root, milky juice, leaf for smoking)	
Asclepiadaceae –	Milkweed Family	
Asclepias speciosa Torr. Showy milkweed	Food (young seed pod), manufacture (outer stem)	
Asteraceae – Su	Inflower Family	
Achillea millefolium L. Common yarrow	Medicine (leaf, flower)	
Agoseris glauca (Pursh) Raf. False dandelion	Food (leaf), medicine (milky juice)	
Ambrosia acanthicarpa Hook. Ragweed	Medicine (leaf)	
Antennaria spp. Pussytoes	Medicine (stem, leaf)	
¹ Arctium minus (Hill) Bernh. Common burdock	Medicine (leaf, flower), food (young leaf, stem, root)	
Arnica cordifolia Hook. Heart-leaved arnica	Medicine (leaf, root, flower)	
Artemisia spp. Sagebrush, Sage	Medicine (leaf), cordage (bark), clothing (bark, leaf), shelter (plant), fuel (trunk), dye (leaf), food (seed)	
Aster spp. Aster	Medicine (root), food? (seed)	
Balsamorhiza spp. Balsamroot	Food (seed, stem, root), medicine (leaf, root)	
Bidens cernua L. Nodding beggar-ticks	Medicine (leaf, flower)	
Chaenactis douglasii (Hook.) H & A Hoary false- yarrow	Medicine (leaf, root)	
Chrysothamnus spp. Rabbitbrush	Medicine (plant, root), gum (bark of lower stem, root)	
Cirsium spp. Thistle	Food (stem, root)	
Crepis spp. Hawksbeard	Food (leaf)	
Friedran and Flackage Dainy	Modicine (root loof flower) arrow tip poison (root)	
Erigeron spp. Fleabane, Daisy	Medicine (root, leaf, flower), arrow tip poison (root)	

Plant Family / Species / Common Name	Uses (Parts)	
Gutierrezia sarothrae (Pursh) Britt. and Rusby Matchbrush	Medicine (flowering stem)	
Haplopappus spp. Goldenweed, Strawflower	Food (seed)	
Helenium autumnale L. Sneezeweed	Medicine (flower)	
Helianthus spp. Sunflower	Medicine (root), food (seed)	
Iva spp. Povertyweed, Tall marsh elder	Food (seed)	
^{1+N} Lactuca spp. Prickly lettuce, Blue lettuce	Food (leaf), medicine (root, juice, leaf)	
Lygodesmia spp. Skeleton weed	Food (leaf, seed), gum (milky juice)	
Microseris spp. False agoseris	Food (seed)	
Senecio spp. Groundsel, Butterweed	Medicine (root), gum (root)	
Solidago missouriensis Nutt. Goldenrod	Medicine (root, plant flower)	
Sonchus asper (L.) Hill Sow thistle	Food (leaf, shoot)	
¹ Tanacetum vulgare L. Common tansy	Medicine (flower)	
¹ Taraxacum spp. Dandelion	Food (flower, leaf, stem, root), medicine (root)	
¹ Tragopogon dubius Scop. Yellow salsify	Medicine (root), food (leaf, root), gum (milky juice)	
Xanthium strumarium L. Common cocklebur	Food (seed), medicine (entire plant in flower)	
Betulaceae –	Birch Family	
Betula occidentalis Hook. Western water birch	Medicine (leaf, bark), food (sap), whips	
Boraginaceae –	Borage Family	
Amsinckia spp. Fiddleneck	Food (leaf)	
Lappula spp. Beggar's ticks, Stickseed	Food (seed, root)	
Lithospermum ruderale Dougl. Gromwell	Food (seed), medicine (root)	
Brassicaceae –	Mustard Family	
<i>Arabis</i> spp. Rockcress	Food (seed)	
Brassica spp. Mustard	Food (leaf, seed, seed pod), medicine (leaf, seed)	
Capsella bursa-pastoris (L.) Medic Shepherd's purse	Medicine (whole herb)	
Descurainia spp. Tansymustard	Food (seed), medicine (seed)	
Draba oligosperma Hook. Whitlow grass	Food (seed)	
Lepidium spp. Peppergrass	Food (seed, green pods), medicine (herb)	
Rorippa spp. Yellow cress	Food (seed, leaf)	
Sisymbrium spp. Tumblemustard	Food (seed, leaf)	
Stanleya viridiflora Nutt. Prince's plume	Food (seed, leaf, stem)	
Thlaspi arvense L. Fanweed	Food (young shoot, leaf, seed?)	
Cactaceae – C	Cactus Family	
Opuntia polyacantha Haw. Prickly pear	Food (stem, fruit)	
Capparidaceae	– Caper Family	
Cleome lutea Hook. Yellow bee plant	Food (seed, leaf, stem)	
Caprifoliaceae – Honeysuckle Family		
Sambucus cerulea Raf. Elderberry	Food (fruit), manufacture (stem, twig)	
Symphoricarpos oreophilus Gray. Snowberry	Medicine (fruit, plant), manufacture (bark)	

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Plant Family / Species / Common Name	Uses (Parts)	
Chenopodiaceae –	Goosefoot Family	
Atriplex spp. Saltbush, Shadscale, Spiny hopsage, Red orache	Food (seed)	
¹ Chenopodium spp. Goosefoot, Lamb's quarter	Food (seed, young plant)	
Monolepis spp. Povertyweed	Food (seed, root, stem, leaf)	
¹ Salsola kali L. Russian thistle	Food (young plant)	
Sarcobatus vermiculatus (Hook)Torr. Black greasewood	Food (seed)	
Convolvulaceae – M	orning Glory Family	
¹ Convolvulus arvensis L. Field morning glory	Medicine (root), starvation food (root)	
Cornaceae – Do	ogwood Family	
Cornus stolonifera Michx. Red-osier dogwood	Food (fruit), medicine (bark, leaf, root, stem), smoking (leaves, cambium), manufacture (twigs)	
Cuppressaceae -	Cypress Family	
Juniperus spp. Juniper	Medicine (needles), food (cones), manufacture (branches)	
Cuscutaceae –	Dodder Family	
Cuscuta spp. Dodder	Medicine (plant)	
Cyperaceae –	Sedge Family	
Carex spp. Sedge	Food (shoot, bulb, seed), manufacture (leaf, plant)	
Eleocharis spp. Spikerush	Food (seed, bulb)	
Scirpus spp. Bulrush	Food (seed, pollen, root, stem), manufacture (stem)	
Fabaceae –	Pea Family	
Dalea spp. Dalea	Food (seed)	
Glycyrrhiza lepidota Pursh. Licorice-root	Medicine (root), flavoring (root)	
Hedysarum boreale Nutt. Northern sweetvetch	Flavoring (root)	
¹ Medicago spp. Black medic, Alfalfa	Medicine (flower)	
¹ Melilotus spp. Sweet clovers	Medicine/tonic (flower, leaf)	
Thermopsis rhombifolia (Nutt.) Richardson False-lupine	Medicine (flower)	
¹ Trifolium spp. Red clover, Dutch clover	Food (seed, leaf, whole plant)	
Vicia americana Muhl. American vetch	Food (seed, young stem)	
Fumariaceae – F	umitory Family	
Corydalis aurea Wild. Ground smoke	Medicine (entire plant)	
Grossulariaceae – Curr	ant/Gooseberry Family	
Ribes spp. Currant, Gooseberry	Food (fruit), medicine? (leaf)	
Hydrophyllaceae -	- Waterleaf Family	
Phacelia spp. Phacelia	Food (leaf)	
Juncaceae – Rush Family		
Juncus spp. Rush	Food (seed), manufacture (stalks)	
Lamiaceae – Mint Family		

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Plant Family / Species / Common Name	Uses (Parts)	
Agastache spp. Horsemint, Giant hyssop	Food (seed)	
Mentha arvensis L. Wild mint	Medicine (leaf), flavoring (leaf)	
Liliaceae –	Lily Family	
Allium spp. Wild onion	Food (leaf, bulb), medicine (leaf), flavoring (boiled juice of bulb), dye (bulb skin)	
Calochortus spp.	Food (bulb, seed, plant)	
Fritillaria spp. Leopard lily, Yellow fritillary	Food (corm)	
Smilacina stellata (L.) Desf. False Solomon's seal	Food (young leaf and stem), medicine (root)	
Loasaceae – Bla	azing Star Family	
Mentzelia spp. Blazing star	Food (seed)	
Malvaceae -	Mallow Family	
Sphaeralcea munroana (Dougl.) Spach. White- stemmed globe-mallow	Food (seed, fruit, shoot), medicine (leaf), manufacture (plant)	
Nyctaginaceae – Four-o'clock Family		
Abronia mellifera Dougl. Sand verbena	Medicine (root?)	
Onagraceae – Even	ing-primrose Family	
Epilobium spp. Fireweed, Willow-herb	Food (leaf, young shoot)	
Oenothera spp. Evening-primrose	Food (seed, leaf, young shoot, root), medicine (leaf, root)	
Orchidaceae -	- Orchid Family	
Corallorhiza maculate Raf. Spotted coral-root	Medicine (root)	
Orobanchaceae –	Broomrape Family	
Orobanche spp.	Medicine (plant), food (plant)	
Pinaceae –	Pine Family	
Pinus spp. Lodgepole pine, Limber pine	Food (seed, sap), manufacture (lodgepoles), medicine (needles)	
Pseudotsuga menziesii (Mirbel.) Franco Douglas fir	Medicine (needles)	
Plantaginaceae	– Plantain Family	
Plantago spp. Plantain, Indian wheat	Medicine (plant), food (leaf, seed)	
Poaceae – (Grass Family	
Agrostis stolonifera L. Bentgrass	Food (seed)	
Alopecurus aequalis Sobol. Shortawn foxtail	Food (seed)	
Bromus spp. Bromegrass	Food (seed)	
¹ Echinochloa crusgalli (L.) Beauv. Barnyard grass	Food (seed)	
Elymus spp. Wildrye grass	Food (seed), medicine (root)	
Glyceria grandis Wats. American mannagrass	Food (seed)	
Hordeum jubatum L. Foxtail barley	Food (seed)	
Leymus spp. Wildrye	Food (seed), manufacture (plant)	
Melica bulbosa Geyer Oniongrass	Food (seed)	
Oryzopsis hymenoides (R. & S.) Ricker Indian ricegrass	Food (seed)	

Plant Family / Species / Common Name	Uses (Parts)	
Panicum capillare L. Panicgrass	Food (seed)	
Poa spp. Bluegrass	Food (seed), medicine (spikelet)	
Sitanion hystrix (Nutt.) J.G. Smith Squirreltail	Food (seed)	
Sporobolus cryptandrus (Torr.) Gray Dropseed	Food (seed)	
Stipa spp. Needle-and-thread grass	Food (seed)	
Triticum aestivum L. Wheat	Food (seed)	
Polemoniacea	e – Phlox Family	
Gilia leptomeria Gray Great Basin gilia	Food (seed), medicine (flower, plant)	
Polygonaceae –	Buckwheat Family	
Eriogonum spp. Buckwheat	Medicine (flower)	
Polygonum spp. Knotweed, Doorweed	Food (seed, leaf, stem, root), medicine (root)	
Rumex spp. Dock	Food (seed, stem, leaf), medicine (leaf, root)	
Ranunculaceae – Buttercup Family		
Aquilegia formosa Fisch. Red columbine	Food (young plants)	
Clematis ligusticifolia Nutt. Virgin's bower	Medicine (leaf), clothing (seed tails)	
Delphinium spp. Larkspur	Medicine (seed, flower), dye (flower)	
Ranunculus spp. Buttercup	Medicine (plant, root), food (herb)	
Rhamnaceae –	Buckthorn Family	
Ceanothus velutinus L. Snowbrush	Smoking (leaf), soap (flower), medicine (root)	
Rosaceae -	- Rose Family	
Amelanchier spp. Servicebeny	Food (fruit), manufacture (stem), medicine (stem)	
Cercocarpus ledifolius Nutt. Mountain mahogany	Manufacture (wood)	
Geum macrophyllum Wild. Large-leaved avens	Medicine (root)	
Holodiscus dumosus (Hook.) Heller Ocean spray	Food (root for tea)	
Potentilla spp. Common silverweed, Cinquefoil	Food (root), medicine (leaf)	
Prunus virginiana L. Common chokecherry	Food (fruit, leaf, bark), medicine (bark, seed, cambium, twig), manufacture (twig, branch), dye base (sap), fuel (wood)	
Rosa woodsii Lindl. Wood's rose	Food (fruit, root, flower, bud, seed), smoking (cambium), medicine (fruit, stem, root bark)	
Rubus ideaus L. Red raspberry	Food (fruit, young shoot, leaf, twig), medicine (fruits leaf, root, root bark), flavoring (fruit)	
Rubiaceae –	Madder Family	
Galium spp. Bedstraw	Medicine (plant), dye (root)	
Salicaceae -	Willow Family	
Populus angustifolia James Narrow-leaved cottonwood	Food (cambium), fuel (upper limbs), manufacture (trunk), dyes (bud, fruits), medicine (bark)	
Populus tremuloides Michx. Quaking aspen	Medicine (cambium, leaf, bud), manufacture (branch)	
Salix spp. Willow	Medicine (bark, leaf, bud tips)	

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Plant Family / Species / Common Name	Uses (Parts)	
Saxifragaceae – Saxifrage Family		
Heuchera parvifolia Nutt. Common alumroot	Medicine (root)	
Scrophulariaceae	- Figwort Family	
Castilleja spp. Paintbrush	Medicine (plant), dye (flower)	
¹ Linaria spp. Toadflax, Butter-and-eggs	Medicine (plant)	
Mimulus spp. Monkey flower	Food (leaf, stalk)	
Penstemon spp. Penstemon	Medicine (leaf)	
¹ Verbascum thapsus L. Hairy mullein	Medicine (flower, leaf, root), smoking (dried leaf)	
Veronica spp. Speedwell	Food (herb)	
Solanaceae – Nightshade Family		
¹ Hysoscyamus niger L. Black henbane	Medicine (herb)	
Nicotiana attenuata Torr. Coyote tobacco	Smoking (leaf), medicine (topical tea)	
Solanum spp. Bittersweet	Medicine (leaf)	
Typhaceae – Cattail Family		
Typha latifolia L. Common cattail	Food (seed, root, young stem), manufacture (leaf), medicine (seed down)	
Verbenaceae – Verbena Family		
Verbena bracteata Lag. and Rodr. Bracted verbena	Food (seeds), medicine (entire plant)	
Violaceae – Violet Family		
Viola spp. Violet	Food (whole herb, flower), tonic (plant)	
		

¹ Denotes introduced species

Information in table taken from: Anderson, J.E., K.T. Ruppel, J.M. Glennon, K.E. Holte, and R.C. Rope. 1996. Plant Communities, Ethnoecology, and Flora of the Idaho National Engineering Laboratory. ESRF Report Series, No. 005. Environmental Science and Research Foundation. Idaho Falls, ID. 111 pp.

¹⁺N Denotes both native and introduced species